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EDMONTON • TUESDAY, MAY 18, 2010

metrone

Celebrity Buzz

Conan takes shine to new home
 pg 14



Man gets year in jail for soccer beating

COURTS For 15 years, since kindergarten, Manpreet Grewal had been teased and taunted about his turban. He kept his anger quiet, kept it inside. Tell the teachers and it would just get worse.

But at age 18, when angry soccer parent Dean Smith got in his face, threatened to grab his religious headgear and "shove it up his ass," he snapped. He and four teammates swarmed Smith and repeatedly kicked him in the head so violently his face fractured in five places.

Yesterday, Grewal, now 20, was sentenced in Court of Queen's Bench to a year in jail for aggravated assault. Smith looked on from the front row; Grewal's family was right behind him, wiping away tears.

THE CANADIAN PRESS

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SCAN LIFE
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Food pg 10



Decadence made easy

Entertainment pg 13

Mike Myers' own fairy tale

On the web
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Thailand **Fighting on**



Anti-government protesters dance to live music yesterday though numbers have fallen in Bangkok, Thailand. The Thai government yesterday warned protesters barricaded within their "occupation zone" in the heart of the capital to leave by 3 p.m. local time, saying anyone who remains will be violating the law and will face two years in prison. **More coverage, page 5.**

Terminal danger

Police investigate murder at downtown bus station

ELISE BARTA
 for Metro Edmonton



Fifth murder

• This is the fifth homicide of 2010.

Another homicide crime scene investigation took place at the downtown bus terminal in less than a year.

Detectives are investigating the death of Daniel Louis Thomas, 25, whose body was found in the area of McDougall Hill by a person who was walking past at around 2 a.m. yesterday. Police are trying to determine what happened between the time Thomas left an inner city shelter early Sunday morning and the time of the incident.

Thomas' body was found on a landing halfway down the staircase on McDougall Hill, police said.

Although the victim's body was found on the

stairs, the downtown bus terminal was also closed while police examined evidence at the scene, but police were unable to provide details about the connection between the two locations.

Lisa Sobchysyn, senior communications specialist for EPS corporate communications, told Metro the victim did have head trauma and police are interviewing witnesses, but no further details were released yesterday.

The suspect is described as a native male, between 14 and 20 years old, with a thin moustache, short dark hair, and wearing



Police investigate a stabbing yesterday morning at the intersection of Jasper Avenue and 100 Street.

dark clothing.

"We put out a call to the public that if anyone had any information whether they saw something themselves or heard something unusual," Sobchysyn said.

"If they think it would be of use to us, we would

really appreciate them contacting us at our complaints line."

On July 1, 2009, a bus full of passengers witnessed the fatal stabbing of 42-year-old Shane Howarth at the downtown terminal shortly after the Canada Day fireworks display.

Evacuation order lifted in brush fire

RESIDENTS RETURN Rural residents driven from their homes by a brush fire in Alberta were told yesterday they could return after crews managed to put a break around most of the blaze.

But the Opal fire north of Edmonton was still not under control and the situation remained unpredictable, said Westlock County spokeswoman Peggy Hardinge.

"They've got a fire guard up and it's being contained," she said. "But the situation is volatile if the winds come up."

"It's a dangerous situation, but for the moment, with the winds calmer, it's being held."

The area has some recreational properties, but there are permanent residents as well, Hardinge said.

Hardinge said 11 families who left their homes in response to Sunday's evacuation order had registered with the county. That order came after high winds whipped up the stubborn blaze, which started Wednesday, to cover about 30 square kilometres.

Most of those people returned to their homes yesterday. Several areas remain on evacuation standby and a nearby reception centre for evacuees is ready for use.

Wind gusts caused flames to jump a wide strip of bare earth on the northwest corner of the blaze Sunday afternoon.

Fire crews were pulled from the area for safety reasons. Seven helicopters with large water buckets were also grounded by heavy smoke.

Yesterday morning brought calmer weather, which raised hopes that firefighters would be able to make the fire break hold. More than 200 firefighters were backed up by eight helicopters and air tankers, as well as bulldozers and other heavy equipment.

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Local



Know of a nice front yard?

Edmontonians are encouraged to nominate neighbours whose front yards are some of the city's most beautifully dressed for the annual Front Yards in Bloom. Volunteers are needed to judge 10-20 yards and gardens to help narrow down nominees to the top 40 finalists across the city. Nominations will be accepted until July 8, and top yards will be recognized during an awards ceremony in August. Nominated yards can be identified by the bright yellow yard sign.

METRO EDMONTON

Cops to hit the road full force

SAFETY May long weekend is notorious for bad drivers on Alberta roads.

That's why law enforcement agencies throughout the country will be out in full force in an effort to enforce and promote safe driving practices.

"This week is a fantastic opportunity to raise awareness about safe driving practices," said Gerry Shimko, executive director of the Office of Traffic Safety.

Canada Road Safety Week runs from May 18-24.

METRO EDMONTON



Spruce Grove MP Rona Ambrose, minister of Public Works and Government Services and minister for Status of Women, and Dr. Lorne Babiuk, vice-president of the University of Alberta, introduce Canada Excellence Research Chairs at the U of A yesterday.

U of A announces new research chairs

ELISE BARTA
for Metro Edmonton



Programs

Top international researchers are now calling Edmonton home as recipients of the new Canada Excellence Research Chairs were announced at the University of Alberta yesterday.

Recipients who are new to the University of Alberta are Dr. Michael Houghton in Virology, Dr. Graham Pearson in Arctic Resources, Dr. Patrik Rorsman in Diabetes, and Dr. Thomas Thundat in Oil Sands Molecular Engineering.

"Today's announcement is the result of a vision that our government set out in 2007," said Rona Ambrose, minister of Public Works and Government Services, and minister for Status of Women.

"The same year that the strategy was launched, we

For each chair, the university will receive up to \$10 million over seven years to support the chair holders and their research teams during ambitious research programs.

recognized that Canada and Alberta needed to attract, train and keep more of its talents at home, creating jobs for Canadians."

Following arduous competition, 19 chairs were awarded across Canada.

"I'm very grateful to have been selected as one of the researchers and would like to thank to Canadian government very much for your innovative program," Dr. Houghton said.

"And it is a great pleasure to have been awarded this prestigious chair."

First things first

Moving day for hospital doesn't stop new arrival

ANDREAS MORSE
andreas.morse@metronews.ca

It was moving day for 55 female patients at the Lois Hole Hospital for Women on Sunday and that number increased by one very shortly after the mass relocation.

The first ever child born in the new hospital was delivered just hours after new mother Shanawa Ismayil was wheeled into her new room.

"I was moved while I was in labour," Ismayil said. "It was fun," she added with a laugh.

Baris Ismayil was born at 10:10 a.m. on Sunday and his mother was very excited to be one of the first patients to deliver in the new hospital for women.

"I was joking with my doctor in pre-natal classes that I was going to be the first one in the new facility and it happened," Ismayil said. "We made a little piece of history. He's a new Canadian and he was born in this new facility, it means a lot to us and I'm happy that he was a part of this."

Ismayil and the newest member of her family, her first child, were released from hospital yesterday.



New mother Shanawa Ismayil, right, welcomed baby boy Baris Ismayil on Sunday morning.

"We've been getting used to each other," Ismayil said. "It's been really good."

Joanna Pawlyshyn, vice-president of the Royal Alexandra Hospital, said the move was quick and painless for the more than 50 patients.

"We moved 55 patients in yesterday in just under three hours," she said.

"Patients had breakfast in the old facility and lunch in the new. The move went very smoothly thanks to the tremendous support of our staff."

THE CANADIAN PRESS

EdmontonTweets

@ink_slinger
Thinking I might head down to the Leg grounds for lunch, since it's so nice out.
#yeg
@davequeen#YEG Count-down to eating cake made while drunk. The Southern Comfort glaze went down well this morning.
Hhhmmmm
@CheftonyLe #yeg its to nice outside to be a Monday

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News in brief

OILSANDS The long-term growth of Alberta's oilsands is in jeopardy unless the industry does a better job managing environmental and social risks, a well-known U.S. risk

management firm said yesterday. Among other things, the report authored by RiskMetrics Group cites toughening environmental regulations, opposition from aborigi-

nal groups and high consumption of water and natural gas as factors that could affect the bottom lines of oilsands producers.



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*Cooper S Camden shown.

Recycling bins will be singing the blues in apartment and condo buildings throughout the city as Edmonton launches a recycling campaign unlike any other today. Blue bins around the city will be fitted with sound devices so they can sing the blues in an effort to encourage recycling. **METRO EDMONTON**

Dutch players to join FC Edmonton

SOCCER The Dutch exodus from the old country continues to the benefit of Edmonton's newest professional team, FC Edmonton.

Three players from the Netherlands put pen to paper on contracts with the new soccer club, which officially starts play in the NASL in 2011.

Tom Fath, FC Edmonton founder, said

Fath said not only will they be players on the squad, the potential for them to teach FC Edmonton's young players as coaches is another possibility.

"We're very excited by it," Fath said. "For the Dutch, one of their greatest exports is their people. They're excited about



the club isn't ready to release the players' names yet but an official announcement will be coming soon.

"They're bringing a very high level of experience," Fath said. "They've each played for a number of years in Europe at a very high level."

coming to Canada." The three players will be joining FC Edmonton this season as the club is working on scheduling some exhibition games.

For more information, visit fcedmonton.com.

ANDREAS MORSE/
METRO EDMONTON

Kids' festival brings the rock

ANDREAS MORSE
andreas.morse@metronews.ca

The International Children's Festival in St. Albert is just a stone's throw away but the attractions are already being put into place.

Kootenay-based stone sculpture artist Stewart Steinbauer was busy moving five of his pieces into their temporary home on the back patio of St. Albert Place yesterday. And with each piece weighing between 5,000 and 9,000 pounds, that was no small feat.

The exhibit is part of this year's festival and director Nancy Abrahamson said the aboriginal theme fits perfectly with the festival's native activities.

"They are an incredible added component to our aboriginal portion of the children's festival," she said. "We have quite an array of aboriginal activities and we thought, what a great added component for that."

The five sculptures will be on public display in St.



Kootenay-based stone sculptor Stewart Steinbauer set five of his pieces in place in St. Albert yesterday in preparation for this year's International Children's Festival.

Albert until the end of September. Steinbauer said the pieces are for sale and range in price from \$50,000 to \$120,000.

"The pieces have themes

that work really well with the children's festival," Steinbauer said. "The pieces are all for sale and I do have negotiations going on in the background but

they'll be there until the fall at least."

The International Children's Festival goes June 1-5. For more information, visit www.childfest.com

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Western premiers woo China with new office

ECONOMY Canada's westernmost provinces have opened a new trade office in Shanghai in an effort to bolster economic ties in China.

The premiers of Alberta, British Columbia and Saskatchewan say the office will help promote Western Canadian industries, including green technology, natural resources and agriculture.

Saskatchewan Premier Brad Wall said in a news release that the move makes it easier for investors to do business in the West.

Alberta Premier Ed Stelmach said the Shanghai office gives the provinces an expanded presence in a crucial market.

Shanghai is China's trade and financial hub, is the world's second-busiest port and has a population of more than 20 million people.

The premiers signed a partnership agreement recently with the intent of making their region an economic powerhouse in Canada.

THE CANADIAN PRESS

We got lucky on H1N1, WHO head says

The UN's global health chief says the world was lucky that the swine flu pandemic was relatively mild. WHO director-general Margaret Chan says the virus hadn't mutated into a more dangerous form, and treatments such as Tamiflu and vaccines proved effective. **THE ASSOCIATED PRESS**

5

Canada/World

Group threatens action at summit

It will be militant. It will be confrontational. And some things may be smashed.

In a rallying cry that has its made its way onto numerous anti-capitalist websites, a group of Ontario anarchists is dropping clues of its plans to disrupt the G20 summit.

The Southern Ontario Anarchist Resistance (SOAR) plans to take part in the June 26 People First march — a popular public rally at London's G20 summit in 2009 — before continuing down to the securi-

"This action will be militant and confrontational, seeking to humiliate the security apparatus."

Southern Ontario Anarchist Resistance (SOAR)

ty fence to "confront the police state."

"This action will be militant and confrontational, seeking to humiliate the security apparatus and make Toronto's elites regret letting the dang G20 in here," said the message, which first made rounds early last week.

The message promotes several protest events, including a roaming street party, and implores its members to support a variety of tactics.

It is unclear how large the group's membership is. A message to SOAR wasn't returned.

TORSTAR NEWS SERVICE

Canadian cameraman recovering

SHOOTING According to Thai television reports, Canadian-born cameraman Nelson Rand died over the weekend. No one told him, however.

"Are you kidding?" he said, recovering in the intensive care unit of a private hospital in the Thai capital yesterday, as fire-fights continued across the city.

The 34-year-old Burlington, Ont., -born journalist and author was shot three times Friday near the Japanese Embassy while filming clashes between government soldiers and Red Shirt protesters who have occupied a posh district in downtown Bangkok for two months now.

The protesters are demanding the dissolution of parliament and fresh elections. Government soldiers, meanwhile, are desperately trying to disperse them and restore Thailand's image of a peaceful, welcoming tourist destination.

Rand was strong, clear-minded and surprisingly good-humoured for a man who had nearly died.



Canadian-born cameraman Nelson Rand recovers in the intensive care unit of a Bangkok hospital yesterday during a visit with a friend. Rand was hit by three bullets from a sniper on Friday while covering protests in Bangkok.

"Did I flatline?" he asked a visiting friend — a pejorative meaning: had his heart stopped?

It had stopped, his friend and fellow Canadian Chandler Vandergriff told him: for about six seconds, according to doctors, before he was revived.

"I remember being hit in the left hand and I went to

grab it with my right and I just starting going down," Rand recalled. "That's when I was hit two more times."

Rand's excruciating experience appeared on CNN, including the moment when a sniper pumped two final shots into his left side. Why he was targeted isn't clear.

TORSTAR NEWS SERVICE

Feds distance selves from cardinal's remarks

ABORTION The Harper government distanced itself yesterday from anti-abortion remarks by one of Canada's most prominent religious leaders that have caused an uproar.

Intergovernmental Affairs Minister Josee Verner

described the comments by Marc Ouellet — a Catholic cardinal once touted as a possible candidate for the papacy — as "unacceptable." The controversy was triggered when the Quebec City cardinal called abortion a

moral crime in every case, even in the case of rape victims.

Verner described herself as pro-choice, and she offered a very curt assessment of Ouellet's remarks: "It's unacceptable."

THE CANADIAN PRESS

South Korea They grow up so fast



Yesterday was the 38th Coming of Age Day in South Korea, a ceremony held to authorize boys and girls at the age of 20 — who have been living under the protection of their families — as independent individuals.

'This is about justice'

THAILAND They were expected to be cowed and scared. Instead — they were defiant.

Thailand's Red Shirt protesters faced down an ultimatum by government forces yesterday to clear women and children from their protest site and prepare for a final clash.

But the protesters refused to flinch.

"We're not leaving. We're staying put," said 34-year-old farm labourer Tongmak Sanrut, who with his wife and two infant sons has been camped out in the heart of Bangkok for two months.

The showdown in Thailand

- Protests began March 14; violence erupted on April 10.
- The death toll surpassed 60 yesterday, with the vast majority being civilians, according to one protest leader.
- More than 1,600 others have been injured.
- Many of the protesters — known as Red Shirts — say Prime Minister Abhisit is ruling on behalf of a small, well-connected elite.
- The Abhisit government has thus far refused to allow any outside intervention into what it says is its internal affairs.

"We want democracy and we want justice ... and if violence comes, our struggle will continue."

Red Shirts continue to push for the dissolution of parliament and for fresh elections. They say the cur-

rent government — which gained power through the courts, a parliamentary vote and the backing of the military — must step down.

As Sanrut says: "For me, this is about justice."

TORSTAR NEWS SERVICE

News in brief

INDIA Maoist rebels blew up a bus filled with police and civilians yesterday as it drove through the central Indian state of Chhattisgarh, killing at least 35 people, including 19 civilians, police said. One police official suggested the bus was hit with a land mine.

EDUCATION A school district that gained the support of U.S. President Barack Obama for promoting accountability after firing all its teachers from a struggling school announced Sunday it would return the current staffers to their jobs.

THE ASSOCIATED PRESS

Companies to cut 1.5 trillion calories from food products

FOOD Several of the U.S.'s largest food companies say they'll take 1.5 trillion calories out of their products by 2015 in an effort to reduce childhood obesity. The companies made the announcement through the Healthy Weight Commitment Foundation, a coalition of retailers, food and bever-

age manufacturers and industry trade associations.

THE ASSOCIATED PRESS



Say what you will about oddball Libyan strongman Moammar Gadhafi, but the man knows business. Scan code for more. Learn how to scan on the Local page.

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Comment

Stephen Harper's wheel of fortune

NationalReport

Lawrence Martin

metronews.ca/nationalreport

The streak of fortune continues. One of the unwritten stories about Stephen Harper is how the fates continually smile on him. Few Canadian politicians have ever been as fortunate.

The latest break came

last week. Just when it appeared the Conservatives were about to lose a huge swath of supportive media in a newspaper sell-off, a dark-horse bidder saved the day.

Liberally inclined Torstar appeared to be the favourite to win the National Post and the other Canwest papers, all of them in the conservative philosophical corner. The thought of it had the Harper Conservatives climbing the walls. The country's media landscape was about to change. But a surprise bid from a group led by Na-

tional Post chairman Paul Godfrey saved the day.

Just how sensitive the Conservatives are to media has been demonstrated in their attacks on the CBC for using a pollster, Frank Graves, who says the Liberals should employ a culture war strategy against Harper. What the feverish Tory reaction should tell the Liberals is that such a strategy is a good one.

The break on the newspaper sale followed a highly fortunate turn in January, when just as momentum for a national day of protest against his proroga-

tion of Parliament was building, the Haitian calamity struck.

It wiped out all other news and gave Harper a chance to change the dial, which he did effectively with an impressive Haitian relief effort. The prorogue protest went ahead but was half the size it would have been.

In years previous, the wheel of fortune seemed to always spin his way as well. During the coalition crisis he was at death's doorstep when the opposition parties blew the deal by bringing Bloc Leader

Gilles Duceppe into a press conference. Then the Governor General saved Harper's bacon by granting his wish to shut down Parliament, thereby avoiding a confidence vote.

He received a remarkable break in the 2006 election, which brought him to power. Midway through it, the RCMP announced an investigation into the Liberals, which turned momentum in Harper's favour. Before that, during his opposition days, Harper got the break of a lifetime when the sponsorship scandal exploded,

sending the Liberals plummeting in the polls.

He got good breaks in both his Alliance and Conservative leadership campaigns when no big-name opponents came forward to challenge for the titles.

He's had great fortune as well in drawing weak opposition leaders thus far.

It's amazing. For other politicians luck usually runs out. For Stephen Harper, it just keeps on coming.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Worth mentioning

NATO unveils draft of mission statement

NATO must win the war in Afghanistan, expand ties with Russia and even China, counter the threat posed by Iran's missiles, and assure the security of its 28 members, according to the alliance's proposed mission statement for the next decade.

The draft document, released yesterday, seeks to bridge a growing rift between the U.S., which favours a greater international role for NATO, and European nations that want it to retain its traditional defensive focus.

"NATO must be versatile and efficient enough to op-

erate far from home," said former U.S. secretary of state Madeleine Albright, head of the team of experts that wrote the document.

"(But) in order to sustain the political will for operations outside its area, NATO must see that all its members are reassured about the security of their home territories."

NATO Secretary General Anders Fogh Rasmussen

will use the draft as a basis for a new strategic concept that will be submitted for approval at the alliance's next summit in Lisbon, Portugal, in November.

The previous strategic concept focused mainly on NATO's peacekeeping role in places like Bosnia and Kosovo. It was adopted in 1999, soon after the end of the Cold War and before the Sept. 11, 2001, attacks in the

United States forced the alliance to take on missions such as counterinsurgency warfare in Afghanistan.

The war is the largest mission ever attempted by the alliance. More than 100,000 NATO troops, about two-thirds of them American, are currently deployed there. Nearly 1,800 NATO soldiers have been killed in the escalating conflict.

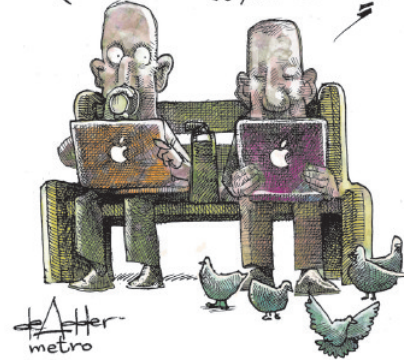
"In today's world we may have to go beyond our borders to defend our borders. I can mention Afghanistan as a case in point," Fogh Rasmussen said.

THE ASSOCIATED PRESS

Mid-life crisis

• Founded in 1949 to counter the threat of a Soviet invasion, the 28-member NATO alliance is in the midst of a mid-life crisis as it searches for relevance almost 20 years after the collapse of its communist rival.

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Ready for anything

Robert Vicino, a salesman with a doomsday plan, is taking money for what he promises will one day be a comfortable, nuke-proof bunker in the Mojave Desert. **THE ASSOCIATED PRESS**

7

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Feds put \$10M into clean car research

The federal government has invested \$10 million to attract a top researcher in hybrid vehicle technologies to an Ontario university.

McMaster University in Hamilton announced yesterday Ali Emadi, a well-known American developer of electric powertrain technology, will join the university in conjunction with the development of a hybrid vehicle research facility.

The government invest-

ment is part of a broader push to expand Canada's research and development capacity in the area of green vehicle technologies.

In December, auto parts giant Magna International and the federal government announced a \$7.2-million research effort with the goal of developing lighter-weight, more environmentally friendly auto parts.

Although hybrid and particularly electric vehicle sales are expected to stay

relatively low for the next few years, industry players assume that government incentives will encourage consumers to look more seriously at environmentally friendly options next time they're car shopping.

In the U.S., President Barack Obama has said he wants one million electric vehicles on the road by 2015 and has invested billions of dollars in car makers to help accomplish that goal. **THE CANADIAN PRESS**

Trade **Going nowhere?**



U.S. Commerce Secretary Gary Locke rides on a Disneyland train in Hong Kong yesterday. U.S. leaders want China's clean energy boom to drive technology exports and are sending a sales mission to Beijing this week. But Beijing wants to create its own suppliers of wind, solar and other equipment and is limiting access to its market, setting up a new trade clash with Washington and Europe.

Housing prices cooling down

REAL ESTATE Canada's hot housing markets is showing signs of cooling slightly.

Home sales slid 2.6 per cent last month on a seasonally adjusted basis, down 6.8 per cent from the peak recorded in December, the Canadian Real Estate Association reported yesterday.

Meanwhile, the number of listings by owners who want to sell their house rose by 99,901, slightly surpassing the previous high for April set in 2008.

Although the average activity dropped, CREA president Georges Pahud said some of the country's major markets remain robust.

But economist Douglas Porter of BMO Capital Markets said a trend has been established and activity will only diminish further going forward.

THE CANADIAN PRESS

Canwest sale approved

PUBLISHING Canwest Global Communications says it has received approval from the Ontario Superior Court to move forward

with the sale of its publishing division, which includes the flagship National Post newspaper.

The company says it will now proceed with an agreement to sell the assets to a group of creditors led by Post president and CEO Paul Godfrey for \$1.1 billion, including \$950 million in cash.

THE CANADIAN PRESS

On the web

Your money: Alison Griffiths says break out of financial paralysis at metronews.ca/alisononmoney



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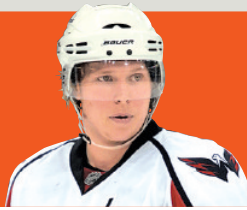
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Albert Pujols was batting cleanup instead of his accustomed No. 3 spot for the first time in nearly seven seasons for the St. Louis Cardinals' first game since dropping out of the NL Central lead. Manager Tony La Russa said the move was all about energizing the player that's switching place with Pujols — Matt Holliday. **THE ASSOCIATED PRESS**

Sports



Caps lock up Backstrom

The contract for Nicklas Backstrom, left, is another long-term investment for the Washington Capitals: 10 years, \$67 million US. The Capitals announced their new deal with Swedish centre yesterday, a reward after a season in which he set career highs with 33 goals and 68 assists. The 101 points ranked fourth in the NHL.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Habs need to step it up: Gionta

For veteran forward Brian Gionta, getting wiped out 6-0 in the first game of a playoff series is no grounds for panic.

So even if the Montreal Canadiens looked to be left for dead after their one-sided loss to the Philadelphia Flyers, Gionta said more effort and a few adjustments to their game plan can get Montreal right back into the NHL Eastern Conference final.

He's looking for it to start in Game 2 of the best-of-seven series tonight at the Wachovia Centre.

"A loss is a loss," Gionta said yesterday. "You try to figure out what went wrong and, being the first game of a series, you have to look at things a little more deeply."

"I don't think we're that



Montreal Canadiens Brian Gionta, left, and Travis Moen sit on the bench during their 6-0 loss to the Philadelphia Flyers on Sunday at Wachovia Center in Philadelphia. Game 2 is tonight.

far off. It was a tough way to start, but it was mostly on ourselves. It wasn't something they were doing special that we can't react

to. It's a matter of us being prepared to play and executing what we want to do. None of that happened (Sunday) night. I have confi-

dence that we'll rebound and be able to come back with a better effort."

The Canadiens held a team meeting to go over

their many lapses in Sunday's Game 1, and only eight players went for a skate, mostly those who didn't play or who saw limited ice time.

The general view was that the bigger, more physical Flyers wore down the Canadiens and succeeded in crowding the crease and making life miserable for goaltender Jaroslav Halak, whose heroics against first-place Washington and defending Stanley Cup champion Pittsburgh are the main reason the eighth-seeded Canadiens are even in the conference final.

The Canadiens note that they were blown out once each by the Capitals and Penguins in the first two rounds and both Halak and the team came back to win.

THE CANADIAN PRESS

SCOREBOARD

NHL PLAYOFFS

TODAY'S GAMES

Montreal at Philadelphia, 5 p.m. (Flyers lead series 1-0)
Chicago at San Jose, 8 p.m. (Blackhawks lead series 1-0)

NBA PLAYOFFS

YESTERDAY'S RESULTS

L.A. Lakers 128 Phoenix 107 (L.A. Lakers lead series 1-0)

TODAY'S GAME

Boston at Orlando, 6:30 p.m.

HOCKEY

WORLD HOCKEY CHAMPIONSHIP YESTERDAY'S RESULTS

Finland 5 Slovakia 2
Norway 3 Switzerland 2
Belarus 2 Denmark 1
Czech Republic 3 Latvia 1

BASEBALL

YESTERDAY'S AL RESULTS

Minnesota 8 Toronto 3
Kansas City 4 Baltimore 3
N.Y. Yankees 11 Boston 9
Tampa Bay 4 Cleveland 3 (11 infs)
Texas 4 L.A. Angels 3
Oakland 8 Seattle 4
Chicago White Sox at Detroit (ppd., rain)

YESTERDAY'S NL RESULTS

Arizona 5 Florida 1
Chicago Cubs 4 Colorado 2 (11 infs)
Cincinnati 6 Milwaukee 3
N.Y. Mets 3 Atlanta 2
Philadelphia 12 Pittsburgh 2
St. Louis 6 Washington 2
L.A. Dodgers 6 Houston 2
San Francisco at San Diego

MEMORIAL CUP

YESTERDAY'S RESULTS

Windsor 6 Calgary 2
Moncton vs. Windsor, 6 p.m.



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Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Allergies affect more people now

CELIA MILNE
for Metro Canada

Ever noticed that far more people are allergic than in the past? It seems that every second person in the big city is sneezing and sniffing at this time of year.

Well, it's not your imagination. It's true.

"Allergic disease has increased frequency mainly in the last three decades," says Dr. Guy Delespesse, director of the laboratory for allergy research and a professor at the Hôpital de L'Université de Montréal.

The statistics show an alarming upward trend for asthma and allergies. The prevalence of asthma almost doubled from 1980 to 1994, he says. An astonishing three hundred million

people worldwide suffer from asthma, and there are 250,000 deaths every year.

It is estimated that the number of people with asthma will grow by more than 100 million by the year 2025. It's not just allergic disease that is on the rise, says Delespesse.

"The same thing is happening in immune-mediated diseases in the same period of time."

Immune-mediated diseases are illnesses in which a person's immune system backfires and attacks their own body. Examples are type 1 diabetes, multiple sclerosis and Crohn's disease.

Doctors have figured out that something in our environment must be causing these sharp rises in dis-



There is evidence that intestinal bacteria, which may protect us against allergies, is different in children who were raised on farms than city-dwelling children.

ease. If it was strictly a genetic change, it couldn't happen that fast, says Delespesse. It seems that peo-

ple were better off when they lived on farms surrounded by animals and good, old fashioned dirt.

"Where allergies and asthma are the worst are where people congregate in large cities. Studies in Europe clearly demonstrate that children born and raised on farms, who have contact with animals, have a much lower incidence of asthma and allergies."

In other words, the cleanliness of modern society may be causing disease. Bacteria in the environment — which move into our guts — seem to be protective against allergies.

"There is evidence," says Delespesse, "that the intestinal bacteria of children who will develop allergy is different from those who won't develop allergies."

Several possible solutions are being studied. One is to give probiotics to

children who are at high risk for allergies, as this will boost the numbers of bacteria in their gut.

Another possible theory is that pregnant women need more zinc, magnesium, vitamin D and vitamin E in order to prevent allergies in their children. Air pollution, especially diesel exhaust, is being studied as another possible culprit. Finally, the stress of living in a big city is thought to be a possible factor.

"This is a societal problem," says Delespesse.

On an individual level, he suggests we continue to clean our homes and take antibiotics when recommended by a doctor, but recognize the overall effect that killing bacteria has on society.

Is this an allergy or a cold?

How is an allergic reaction different from a cold or the flu?

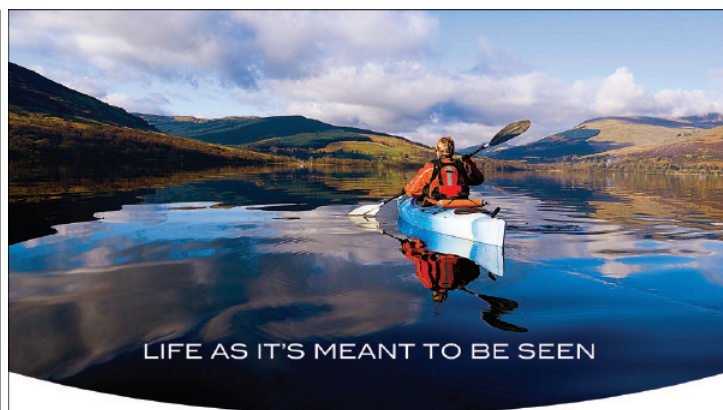
Allergic reactions occur when the body's immune system over-reacts to a something it is exposed to. Common allergens include food, insect stings, latex, and medications. According to Health Canada, the top nine priority allergens are peanuts, tree nuts, sesame seeds, milk, eggs, seafood (fish, crustaceans and shellfish), soy, wheat and sulphites (a food additive). But there are plenty more.

Here are the signs of allergies, from Health Canada's website:

- flushed face, hives or a rash, red and itchy skin
- swelling of the eyes, face, lips, throat or tongue
- trouble breathing, speaking or swallowing
- anxiety, distress, faintness, paleness, sense of doom, weakness
- diarrhea, cramps, vomiting
- drop in blood pressure, rapid heart beat, loss of consciousness
- anaphylactic shock

If you are having mild symptoms, you should see your doctor. For severe reactions, go to the nearest Emergency room.

CELIA MILNE/FOR METRO CANADA



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Spike Mendelsohn, a break out star of Bravo's Top Chef, will release The Good Stuff Cookbook: Burgers, Fries, Shakes, Wedges and More on May 31. His restaurant in Washington, D.C., has been a resounding success since its opening in 2008. **METRO NEWS SERVICES**

Food



More Skinny choices

Who says a healthier lifestyle can't be sweet? Just in time for summer, The Skinny Cow introduces two new low cal indulgences: Cookies and Cream Sandwiches bits (140 calories) — a vanilla sandwich swirled with chocolaty cookie bits — and Caramel & Vanilla Cones (150 calories) — vanilla ice cream drizzled with caramel sauce in a crunchy chocolaty coated sugar cone. Available at most grocery stores (\$7.49/per box of 4 or 5). **METRO NEWS SERVICES**

EDITOR: ANN-MARIE.COLACINO@METRONWS.CA

Simple and decadent

Veal Cutlets with Lemon-Garlic Sauce

SERVES 4

INGREDIENTS:

Sauce

- 1 head garlic
- 2/3 cup reduced-sodium chicken broth
- 1/4 cup fresh lemon juice
- 2 tsp cornstarch
- 1/4 tsp salt

Veal

- 4 veal cutlets
- 1/4 tsp salt
- 1 Tbsp Dijon mustard
- 1 lemon, very thinly sliced

METHOD:

1. Preheat oven to 375°F (190°C). Wrap garlic in foil and bake until tender (package will feel soft when pressed), 45 minutes. When cool enough to handle, cut off bulb top, squeeze out garlic pulp into small bowl, and mash until smooth.

2. Preheat broiler. Sprinkle cutlets with 1/4 tsp salt and brush with mustard. Top each cutlet with 3 lemon slices. Broil cutlets 10 cm from heat until cooked through, 2 minutes. Transfer cutlets to



Veal Cutlets with Lemon-Garlic Sauce are tangy and flavourful.

platter and cover loosely with foil to keep warm.

3. In small pot, whisk broth and lemon juice into cornstarch. Whisk in 1/4 tsp salt and roasted garlic. Bring to boil over medium heat and boil until sauce is lightly thickened, 1 minute. Spoon sauce over veal on platter.

Per Serving: 160 calories, 4 g total fat, 1 g saturated fat, 8 g carbohydrate, 2 g fibre, 24 g protein

Ambrosia

SERVES 6

INGREDIENTS:

- 3 navel oranges
- 1 small pineapple
- 2 large bananas
- 3/4 cup mini marshmallows
- 1/3 cup sweetened coconut flakes
- Fresh mint sprigs (garnish)

METHOD



Try Ambrosia for light, tropical dessert.

1. Cut thin slice off top and bottom each orange. Remove peel and pith with paring knife. Holding orange over large bowl, cut between membranes and lift out sections with knife, letting them fall into bowl with juices.

2. Using long serrated knife, cut top and bottom off pineapple. Stand pineapple up and cut off peel in sections, from top to bottom. Halve pineapple lengthwise. Place one half, cut-side down, on cutting board and slice lengthwise into 3 equal sections. Slice off hard core from each section, then cut sections crosswise into chunks, about 2.5 cm thick. Add to oranges in bowl and toss. Repeat with second half pineapple.

3. Slice bananas 0.5 cm thick and add immediately to fruit and juice in bowl; toss to coat. Gently fold in marshmallows and coconut. Cover with plastic wrap and refrigerate at least 2 hours or overnight to blend flavours. Garnish with mint sprigs.

Per Serving: 160 calories, 2 g total fat, 2 g saturated fat, 38 g carbohydrate, 4 g fibre, 2 g protein

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



A toast to the return of our favourite stylish foursome

Are you a Park Avenue Princess or perhaps you see yourself more as having Blonde Ambition?

Whatever your preference, SKYY Vodka has developed these fabulous cocktail recipes that will have you toasting the return of your favourite Sex and the City foursome in style.

METRO NEWS SERVICE

Blonde Ambition

- 1.5 oz. SKYY Vodka
- 1 oz. fresh orange juice
- 1/2 oz simple syrup or 1 tsp. sugar
- 1 lemon squeeze
- 5 raspberries

METHOD

Squeeze and drop lemon squeeze into a cocktail shaker. Add raspberries, SKYY Vodka, orange juice

and simple syrup/sugar with ice and shake vigorously. Strain into a martini glass. Squeeze lemon disk over drink skin side out to spritz cocktail - then bend and drop into drink. Garnish in addition with a raspberry lightly dusted with powdered sugar on pick.

Park Avenue Princess

- 1.5 oz. SKYY Vodka
- 3 oz. lemon lime soda
- 1 lemon squeeze
- 0.25 oz. red wine

METHOD

Squeeze and drop lemon squeeze into a cocktail shaker with SKYY Vodka and lemon lime soda. Fill cocktail shaker with ice and stir. Strain into a tall Collins glass with fresh

ice. Float red wine over top of drink as garnish. Serve with a skinny black straw.

Blonde Ambition, right, and Park Avenue Princess, far right.



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Internal food tagging system

An internal tracking system that would combat food fraud has been developed by a professor at the University of Saskatchewan. The Grocery Manufacturers Association has found that five to 10 per cent of foods sold commercially are subject to adulteration. **THE CANADIAN PRESS**

Toast to the return of SATC

Are you a Glamour Girl, a Park Avenue Princess, a Red Over Heels lady or perhaps you see yourself more as having Blonde Ambition?

Whatever your preference, Skyy Vodka has developed these four fabulous cocktail recipes that will have you toasting the return of your favourite Sex and the City foursome in style.

Glamour Girl

- 2 oz. SKYY Vodka
- 0.5 oz. fresh lemon juice
- 0.5 oz. fresh lime juice
- 0.5 oz. simple syrup or 1 tsp. sugar

METHOD

Rim a martini glass with Crème de cassis and sugar. Combine all ingredients in a cocktail shaker with ice. Shake vigorously and strain into the martini glass. Finish the cocktail with a drop of Crème de cassis on top.

Blonde Ambition

- 1.5 oz. SKYY Vodka
- 1 oz. fresh orange juice
- 1/2 oz. simple syrup or 1 tsp. sugar

- 1 lemon squeeze
- 5 raspberries

METHOD

Squeeze and drop lemon squeeze into a cocktail shaker. Add raspberries, SKYY Vodka, orange juice and simple syrup/sugar with ice and shake vigorously. Strain into a martini glass. Squeeze lemon disk over drink skin side out to spritz cocktail - then bend and drop into drink. Garnish in addition with a raspberry lightly dusted with powdered sugar on pick.

Red Over Heels

- 2 oz. SKYY Vodka
- 3 red grapes
- 2 basil leaves
- 0.5 oz. fresh lemon juice
- 0.75 oz. simple syrup or 1 tsp. sugar

METHOD

Muddle grapes and basil leaves in the bottom of a cocktail shaker. Add SKYY Vodka, lemon juice and simple syrup/sugar with ice

and shake vigorously. Double strain into a chilled martini glass, and garnish with a basil leaf on the surface of the drink.

Park Avenue Princess

- 1.5 oz. SKYY Vodka
- 3 oz. lemon lime soda
- 1 lemon squeeze
- 0.25 oz. red wine

METHOD

Squeeze and drop lemon squeeze into a cocktail shaker with SKYY Vodka and lemon lime soda. Fill cocktail shaker with ice and stir. Strain into a tall Collins glass with fresh ice. Float red wine over top of drink as garnish. Serve with a skinny black straw.

METRO NEWS SERVICE

Blonde Ambition**Glamour Girl****Park Avenue Princess****Red Over Heels**

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Wheat beers

don't care what the calendar says: In Canada, summer officially starts on the Victoria Day weekend. And while I have no doubt that a wide variety of libations will be consumed during the thousands of barbecues held across this great country in celebration of her majesty Queen Vicki, even a wine guy like me has to admit that long weekends belong to beer.

Now, while the term beer may cover a whole lot of liquid territory, my feeling is that the true summer brew is made with wheat: Fresh, citrusy and still serving up as much bravado as a classic U.K. ale.

A great wheat beer is cloudy, full-figured and often throws its fare share of unfiltered sediment.

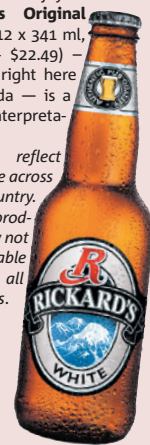
Unless you're German, the

classic version is Belgium's **Hoegaarden** (6 x 330 ml, \$13.49 - \$13.95): An easy-drinking wheaty that's spiced up with an injection of coriander and orange peel. Over in Deutschland the bright, full-flavoured **Erdinger Weissbier** (500 ml, \$3.05 - \$4.21) sets the standard.

But you don't have to travel far to enjoy a classic.

Rickard's Original White (12 x 341 ml, \$21.95 - \$22.49) - brewed right here in Canada - is a tasty interpretation.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

ADVERTISING FEATURE

Canadian Dairy: The Informed Choice



"Canadian milk meets high standards of quality and safety," says Bob Stultz. "But keeping it that way takes a lot of hard work. Farmers, processors, retailers and even consumers have a role to play in making Canadian dairy products safe, fresh, and nutritious."

Bob's in touch with all the players in the Canadian dairy industry. As Director of Market Development and Pro-active Media Group with Dairy Farmers of Canada (DFC), it's his job to listen to those who produce dairy products, those who sell them, and those who consume them. Their biggest concern? Helping consumers make informed decisions.

"Consumers want dairy products they can trust," Bob explains. "They want to know where the products come from; what's in them. They know milk is healthy—not like a soft drink that has to be promoted on what it doesn't contain. Yet every day people are bombarded with food claims, some of them untrue. DFC addresses these claims and communicates the facts about Canadian dairy products to everybody."

That's where the 'pro-active' part of Bob's job begins. When the dairy

industry has a story to tell, Bob's team tells it—through media, through live events, and through seminars and school visitations. Where misunderstandings exist, he seeks to correct them. "Border confusion" is a great example," says Bob. "Canadians hear about growth hormones being permitted in dairy products down south and assume the same is true up here. So we explain that artificial growth hormones (such as RBST) are not legal for sale in Canada—our industry doesn't allow it."



For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk

One of Bob's best communication tools is the 100% Canadian Milk symbol, now a fixture on many Canadian dairy products across the country, assuring consumers that the milk used in their dairy products is produced here, in Canada, according to the highest standards. "The symbol gives consumers what they want: information," Bob says.

"And nothing's better for the Canadian Dairy industry than an informed consumer, because the more you learn about our products, the more you like them. Truly, we're all in this together."



Behind this symbol is a source of pride.

We can be proud of products bearing the 100% Canadian Milk symbol. It means they are made from locally produced milk renowned for its purity, high quality and great taste.

Look for this symbol on your dairy products.

asourceofpride.ca

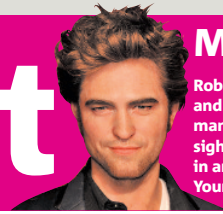
Music conquers all in Nashville — and it came to the rescue of flood victims Sunday during a telethon that raised more than \$1.7 million for relief in the region. Brad Paisley, Keith Urban, Sheryl Crow and Martina McBride were among the artists who took part. **PEOPLE.COM**

Flood relief

Entertainment

Music man

Robert Pattinson wants to play a sex and drug obsessed record label A&R man in a new movie. He has his sights set on playing Steven Stelfox in an adaptation of the novel *Kill Your Friends*. **FEMALEFIRST.CO.UK**



EDITOR: DEAN.LISK@METRONEWS.CA

Crash Test Dummies return

TheAudioFiles

Bryan Borzykowski

metronews.ca/music



It's been 17 years since the Crash Test Dummies released the multi-platinum selling album *God Shuffled His Feet*, but it's hard to forget that this Winnipeg band was — in the midst of grunge — one of Canada's most successful acts.

For a lot of people, Brad Roberts' deep baritone voice and sweet, folk pop melodies were the perfect antithesis to the constant barrage of flannel and angst-fueled distorted rock.

But, while the band was

n't exactly a one hit wonder — *Superman's Song*, *Mmm Mmm Mmm Mmm* and *XTC* cover *The Ballad of Peter Pumpkinhead* were all popular — it shouldn't have come as a surprise that the stronger grunge became, the weaker the Crash Test Dummies' future looked. It didn't take long before the masses lost interest; the band officially faded out in 2004.

Roberts could have left it there, but this year he revived the Dummies name, teamed up with original member Ellen Reid and, last week, released *Oooh La La*, the group's ninth record.

It's an unexpected return — there weren't many people clamouring for a Dummies reunion — and even Roberts was surprised. "I started writing,



Frontman Brad Roberts has revived the Crash Test Dummies.

with (producer) Stewart Lerman for fun. Purely for the sake of making music," he says on the phone from New York. "It sounded so good to me that how could I not promote this record?"

While he's excited to get back on stage, he admits that he enjoyed not play-

ing music. Being recognized on the street had gotten to him a long time ago and he could do without record label pressures and not making any money, the real reason why he wound down the band.

"In 2004 I realized I couldn't continue making records because I wasn't

making any money," he says. "I couldn't afford to p— away money on vanity projects."

Those were tough times, but these days he's a little wiser. He's stripped the group down to three members, they are playing intimate acoustic shows, and the band is only touring 10 days at a time.

It's too early to tell how the reformed band will be received, his new album is interesting. He wrote most of it using an optigan — a keyboard from Mattel that plays a bunch of pre-recorded, full-band sounds. Roberts basically recreated the sounds, with a live band, that the instrument played and then added vocals and other musical flourishes on top.

It's easy to tell that this is a record made by some-

"I realized I couldn't continue making records because I wasn't making any money." Brad Roberts

one who doesn't care about sales anymore; it's relaxed and fun. But it probably won't make Roberts rich again. And, perhaps the most impressive part about this comeback is that he's ready to deal with success or failure this time around.

"If I don't make money I will retire again," he says. "If I do make money I'll release another record."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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	3	KHQ	- 370	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	The Biggest Loser Final four contestants run a marathon.	Parenthood (N)			
	4	CBXT	- 307	NHL Hockey	CBC News	TBA	TBA	CBC News: The National	The Hour			
	6	KREM	- 372	News	Access H.	The Doctors	NCIS "Patriot Down" (N)	NCIS: Los Angeles (N)	The Good Wife			
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	70	BNN	504 508	Squeeze Play	Business News	Commodities	Market Call Tonight	Market Call Tonight	Market Call Tonight	Headline	Commodities	Squeeze Play
	20	TSN	400 400	NBA Basketball	Score Now	Score Now	Score Now	Score Now	Score Now	Score Now	Score Now	Score Now
	23	net	408 418	(6) Hockey (Live)	NASCAR Hall of Fame Biogra	NASCAR Hall of Fame Biogra	NASCAR Hall of Fame Biogra	NASCAR Hall of Fame Biogra	NASCAR Hall of Fame Biogra	NASCAR Hall of Fame Biogra	NASCAR Hall of Fame Biogra	NASCAR Hall of Fame Biogra
	47	SPEED	417 405	Race in 60 (N)	Score Now	Score Now	Score Now	Score Now	Score Now	Score Now	Score Now	Score Now
	94	SCORE	410 403	Score Now	(8:02) V "Red Sky"	Dancing With the Stars	The Middle (N)	Old Christine	Primetime			
	9	EDACC	267 351	Alberta Primetime (Live)	That's Weird	Family Biz	Malcolm	Hates Chris	8 Simple Rules	Family Biz	To Be Indie	Go, Diego, Go!
	14	YTV	552 543	iCarly	Babar	Johnny Test	Little Bear	Toopy & Binoo	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan
	17	TREE	553 546	Franklin	Johnny Test	Johnny Test	Johnny Test	Johnny Test	Total Drama	6TEEN	Futurama	King of the Hill
	42	TOON	555 545	Jimmy Two	Wizards-Place	Wizards-Place	Wizards-Place	Wizards-Place	Wizards-Place	Wizards-Place	Wizards-Place	Wizards-Place
	45	FAM	557 544	Han, Montana	Wizards-Place	Wizards-Place	Wizards-Place	Wizards-Place	Wizards-Place	Wizards-Place	Wizards-Place	Wizards-Place
	1	TVA	121 714	TVA nouvelles	La Cérémonie (SC)	La Cérémonie (SC)	La Cérémonie (SC)	La Cérémonie (SC)	La Cérémonie (SC)	La Cérémonie (SC)	La Cérémonie (SC)	La Cérémonie (SC)
	18	CMT	575 583	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons	Meet-Wilsons	Meet-Wilsons	Meet-Wilsons	Meet-Wilsons
	25	A&E	615 520	Criminal Minds (HDTV)	Criminal Minds "Identity"	Criminal Minds "Identity"	Criminal Minds "Identity"	Criminal Minds "Identity"	Criminal Minds "Identity"	Criminal Minds "Identity"	Criminal Minds "Identity"	Criminal Minds "Identity"
	26	MMM	571 581	mtm10.ca	Hammerline	Gimme Sugar	The O.C. "The Escape"	Restaurant Makeover	Diner, Drive-In	Unwrapped	Dinner Imposs.	California
	29	FOOD	603 561	Chef Abroad	Chef Abroad	Chef Abroad	Chef Abroad	Chef Abroad	Chef Abroad	Chef Abroad	Chef Abroad	Chef Abroad
	31	SHOW	617 522	Trailer Park	Relic Hunter	Relic Hunter	Relic Hunter	Relic Hunter	Relic Hunter	Relic Hunter	Relic Hunter	Relic Hunter
	32	DISC	520 505	Destroyed	Destroyed	Destroyed	Destroyed	Destroyed	Destroyed	Destroyed	Destroyed	Destroyed
	33	SILCE	601 562	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS
	34	W	602 567	House-Sell	House-Sell	House-Sell	House-Sell	House-Sell	House-Sell	House-Sell	House-Sell	House-Sell
	35	TLC	521 560	19 Kids-Count	19 Kids-Count	19 Kids-Count	19 Kids-Count	19 Kids-Count	19 Kids-Count	19 Kids-Count	19 Kids-Count	19 Kids-Count
	36	BRAVO	520 523	Altered by Elvis	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)
	38	SPEK	528 584	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)
	39	AMC	- -	(6) Star Trek Generations ** (1994)	Star Trek: First Contact *** (1996, Science Fiction)	Star Trek: First Contact *** (1996, Science Fiction)	Star Trek: First Contact *** (1996, Science Fiction)	Star Trek: First Contact *** (1996, Science Fiction)	Star Trek: First Contact *** (1996, Science Fiction)	Star Trek: First Contact *** (1996, Science Fiction)	Star Trek: First Contact *** (1996, Science Fiction)	Star Trek: First Contact *** (1996, Science Fiction)
	40	HTV	522 506	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars
	41	COM	526 547	Just for Laughs	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Conchords	Conchords
	43	SPACE	527 528	Medium "Dead Meat" (N)	Fringe (N)	Fringe (N)	InnerSpace (N)	StarGate SG-1 (DVS)	Family Guy	Family Guy	Yours, Mine	Yours, Mine
	44	WPCH	294 650	MLB Baseball: Mets at Braves	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld
	46	OLN	411 457	Operate-Repo	Operate-Repo	Operate-Repo	Operate-Repo	Operate-Repo	Operate-Repo	Operate-Repo	Operate-Repo	Operate-Repo
	48	TROP	619 525	End of Leash	Last 10	The Celebrity Apprentice The two finalists are determined.	The Dr. Oz Show (N)	TMZ	etalk	Access H.	Extra	Dr. Oz Show
	50	STAR	621 527	The View (HDTV) (N)	Genevieve	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters
	52	HGTV	520 564	Sarah's House	Genevieve	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters
	55	TLN	700 800	David Rocco	Italian Gardens	George Lopez	George Lopez	Lopez Tonight	Arbor Live Domenica.	Beyond Words	Chiefs-Champ	Tears
	58	APTN	269 350	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Doc (DVS)	MTV Live	Sex, News-Roll	The City	The City
	93	VISION	261 394	SOUL "My Way"	(DVS)	Unsolicited (N)	Crazy for Love	Doc (DVS)	MTV Live	Sex, News-Roll	The City	The City
	100	MTV	570 580	The Hills	The Hills	The Hills	The Hills	The Hills	The Hills	The Hills	The Hills	The Hills
	101	MM	570 580	When I Was 17	When I Was 17	When I Was 17	When I Was 17	When I Was 17	When I Was 17	When I Was 17	When I Was 17	When I Was 17
	102	CPAC	512 396	(6:30) Primetime Politics	Cold Case	RDI économie	Le National	Le National	Le National	Le National	Le National	Le National
	103	VIVA	526 507	Medium	Cold Case	RDI économie	Le National	Le National	Le National	Le National	Le National	Le National
	106	RDI	126 730	Le Téléjournal (SC)	Cold Case	RDI économie	Le National	Le National	Le National	Le National	Le National	Le National
	161	SUPER	- -	How to Be a Serial Killer (2008, Comedy)	(8:45) New York City Serenade (2007, Comedy-Drama)	(8:45) New York City Serenade (2007, Comedy-Drama)	(8:45) New York City Serenade (2007, Comedy-Drama)	(8:45) New York City Serenade (2007, Comedy-Drama)	(8:45) New York City Serenade (2007, Comedy-Drama)	(8:45) New York City Serenade (2007, Comedy-Drama)	(8:45) New York City Serenade (2007, Comedy-Drama)	(8:45) New York City Serenade (2007, Comedy-Drama)

critics'corner

The Good Wife

Eli works on getting Peter's charges dropped, while Alicia finds herself once again defending one of her least favorite clients: accused wife killer Colin Sweeney (guest star Dylan Baker), who claims self-defense when she finds him handcuffed to a dead woman in the new episode "Hybridophilia." 8 PM on CITV; 11 PM on KREM



Bjork

Morricone, Bjork share Polar prize

MUSIC Italian composer Ennio Morricone and Icelandic singer Bjork have won the 2010 Polar Music Prize.

They will be invited to accept the award, which includes about \$130,000 each in prize money, at a ceremony in Stockholm later this year.

The Polar Music Prize is Sweden's biggest music award and is typically shared by a pop artist and a classical musician. It was founded by Stig Anderson, manager of Swedish pop group ABBA, in 1989.

Bjork sang in various Icelandic bands in the 1980s and rose to international fame with her solo album *Debut* in 1993. Morricone, 71, has composed more than 400 film scores.

THE ASSOCIATED PRESS



Val's water breaks, marking the imminent arrival of her baby with Ryan. Erica and Tyler are invited up to the Motherhood for a dinner. Chad makes the devastating discovery that Anna has been using him in the season finale, "Red Sky." 8:02 PM on EDACCSS; 11:02 PM on KXLY

The Biggest Loser

Contestants and winners from past seasons, as well as family members, cheer on the final four as they run a marathon. One contestant receives a visit from chef Curtis Stone. A last weigh-in determines who the final two contenders will be, with viewers voting on a third finalist. 9 PM on CKEM KHQ

His own fairy tale

Myers may be far, far away but his heart's in Canada

NED EHRBAR
Metro World News

Mike Myers still remembers the phone call he got from DreamWorks head Jeffrey Katzenberg more than a decade ago about taking part in a new animated film.

"Jeffrey said, 'Would you like to be in an animated movie?' I said yes, and he said it's called Shrek. I said, 'That's the worst title I've ever heard in my entire life,'" the Toronto-raised actor remembers.

"I didn't know what it was going to be, and then the first time I saw it with an audience, I was just blown away that an animated movie could move people

and that it was something people would be invested in emotionally. And I think that's been the most satisfying thing."

Much like the swamp-dwelling ogre he's had such success portraying over four films, Myers often just wants to be left alone. "I like my privacy.

With something like this, I love being a part of this," he says, referring to his current publicity tour for Shrek Forever After. "And when I'm not doing stuff, I like to go away. I enjoy being a person a great deal."

**Shrek
Forever After
opens
Friday**

Of course, his swamp is actually New York City, a home he's incredibly grateful for. "I love New York City. I love getting to live there," he says. He also loves the career he's been able to have, spanning a career-making run on Saturday Night Live and several successful film franchises.

"When I was a kid in Toronto, you have your nose against the window looking south to show business — Showbiznia, the United States," he says. "And I kind of feel like every day that I get to do what I do definitely is kind of a dream day. So it's kind of an amazing thing."

If there's one thing that's helped Myers keep his wits about him over the course of his career, it's his national heritage. "It's hard to be super full of yourself in Canada," he says. "If there was a motto of Canada, it would be 'Who do you think you are, eh?' It's very good training to just be a person, growing up in Canada."



DVD picks

Invictus

Director: **Clint Eastwood**

TITLED FOR THE Latin word for invincible, Clint Eastwood's latest movie stars Morgan Freeman as Nelson Mandela, and you couldn't imagine a more unbeatable confluence than that. Freeman captures the South African icon's deliberate manner and cadence, and seems imbued with the same inner fire.

Matt Damon co-stars as François Pienaar, the captain of South Africa's national rugby team in the 1995 World Cup, a momentous series that came to be about far more than sport. Damon's performance is also impeccable, and he seems to have nailed the South African accent.

But for once, Eastwood's famous restraint hasn't entirely served him well. Invictus is a movie about emotions made by a man



who distrusts naked displays of emotion.

After a brief prologue set in 1990, marking Mandela's release from jail after 27 years of imprisonment by the racist apartheid regime, it jumps to the difficult days following his 1994 election as South Africa's president.

Racial tensions come to the fore over the Springboks, the national rugby team long associated with apartheid-supporting

Afrikaners. The black majority vote to change the Springboks' name, logo and colours, but Mandela argues that it's time for forgiveness and reconciliation. At great risk to his personal capital, he extends the hand of friendship to Pienaar and the Springboks, vowing his support in their efforts to gain a berth in the 1995 Rugby World Cup.

Eastwood devotes most of the film to showing Mandela preparing for an epic battle that is depicted with almost indecent haste and far less passion than you'd expect. Eastwood set a very high standard with Mystic River, Letters From Iwo Jima and Million Dollar Baby, and this one isn't quite at that level.

Extras bring several featurettes, including Matt Damon Plays Rugby, which is about turning a movie star into a rugby player.

Peter Howell/for Metro Canada

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Jenny McCarthy is officially on the rebound after her April split from Jim Carrey. Over the weekend, she was photographed twice out and about in L.A. with an unidentified, blonde male companion, usmagazine.com reports. **METRO NEWS SERVICES**

McCarthy spotted with another man

Celebrity Buzz

Two years later family misses Ledger

SO DO HIS MANY FANS AROUND THE WORLD He's been gone for more than two years, but Heath Ledger's family continues to make sure his memory is here to stay, people.com reports.

"He is alive in my heart and in my head. Every day I talk to him," Ledger's sister, Kate told People last week at the sixth annual Australians in Film Breakthrough Awards. Kate and Ledger's mother, Sally Bell, were on hand to watch Colin Farrell present up-

and-coming actress Bella Heathcote with the Heath Ledger Scholarship.

"It is very special,"

Kate said. "It's honouring our boy so we couldn't be prouder

and we think it is an amazing scholarship that is going to give so many opportunities."

His mother added, "He had a huge passion for acting. That was the most important thing for him. It wasn't about the money. He had such a passion that just showed through regardless of how big the role was."

Ledger's family said it comforts them to know he will be forever immortalized in films, but Kate admitted that "we haven't been able to watch any."

"We find that too difficult," the late Oscar winner's mother added.

METRO WORLD NEWS



Conan likes new 'hood

AT LEAST TBS IS PUTTING OUT A WELCOME MAT... UNLIKE HIS LAST EMPLOYER His competition is Jay Leno and David Letterman. His roommates will be George Lopez and Ellen DeGeneres.

Conan O'Brien will film his upcoming late-night TBS talk show at the historic Stage 15 on the Warner Bros. lot in Burbank, according to the Hollywood Reporter. That's

the same lot that's already home to Lopez and DeGeneres's daily shows, female-first.co.uk reports.

"I can't wait

to interview the cast of Jersey Shore on the same lot where they filmed Casablanca," O'Brien says.

O'Brien, 47, left NBC's The Tonight Show in a shakeup in January. His hour-long, yet-to-be-titled TBS show premieres in November and will air at 11 p.m. ET Mondays through Thursdays. Lopez, also on TBS, is being bumped to midnight ET.

METRO NEWS SERVICES



Olsen's plane makes an emergency landing

AND SURPRISINGLY SHE IS NOT TO BLAME, WE HOPE AT LEAST Ashley Olsen's plane was forced to make an emergency landing on Sunday, femalefirst.co.uk reports.

The 23-year-old actress-and-designer was travelling from New York to Los Angeles with her boyfriend, The Hangover actor Justin Bartha, when an

electrical fire sparked in the cockpit, forcing the pilot to land the aircraft in Virginia.

Publicist Phil Lobel — who was a passenger on the plane — told ET Online the incident was a "harrowing experience" as the fire had caused the windshield to crack, which "obscured the pilot's ability to conduct a visual landing."

METRO WORLD NEWS



No marriage plans for Seyfried

SHE NEEDS TO TRACK DOWN HER THREE POTENTIAL FATHERS FIRST Amanda Seyfried is perfectly happy with her boyfriend Dominic Cooper, but that doesn't mean she's planning on making things official anytime soon.

"A lot of people

ask me, 'Is Dominic the one?' I don't know, and I'm fine with that," she tells Teen Vogue. "Too much planning can lead to heartbreak. Love is great and possible always, but it's very rare to have the feeling that 'I want to be with this person forever.'"

METRO WORLD NEWS



Stone set up LaBeouf, Mulligan

AND FOR HIS NEXT PROJECT: CUPID, STARING HIMSELF Oliver Stone doesn't mean to boast, but he's taking credit for Shia LaBeouf and Carey Mulligan's relationship.

"It was all thanks to me," the director tells People magazine. The young actors

first met on Stone's film, Wall Street: Money Never Sleeps, which premiered last week at the Cannes Film Festival.

"You could see their chemistry right away, and it was pretty powerful," Stone says.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

COURTNEY LOVE is reaching out to Lindsay Lohan and **JUSTIN BIEBER** knows how to party.



@CourtneyLoveUK @lindsaylohan i have this urge to help you today im sorry you left the hotel i think i know what to do for you, had it for a few days @justinbieber got to go to Sea World yesterday and see, Shamu made me believe and i got to make out with some Beluga Whales. good times

METRO NEWS SERVICES



Suri the fashion guru

AND GIVING HER EVERYTHING SHE WANTS ISN'T GOING TO CAUSE PROBLEMS LATER ON.

Despite wild reports of high-priced wardrobe items — including \$850 Ferragamo bags and \$635 dresses — Tom Cruise says four-year-old Suri Cruise gets whatever she wants when it comes to fashion.

"Whatever she wants to wear, she wears it," he tells Oprah Winfrey about his daughter with Katie Holmes. "I'm not going to tell her different." Besides, he admits, Suri knows what she's doing.

METRO WORLD NEWS

IN 2 DAYS...

Go Behind the Scenes of

LOST

Don't miss this live discussion and Q&A with "Lost" creators Carlton Cuse and Damon Lindelof, simulcast live in HD from

The New York Times

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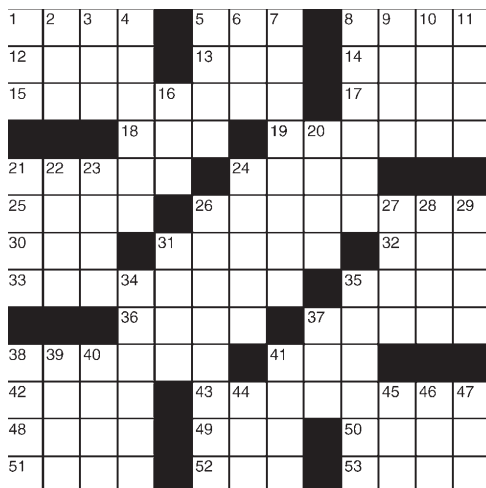
Cineplex Entertainment LP



Michele McDougall, Weather Specialist & Host – Breakfast Television

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS AT 6 A.M.**

Take Five



ACROSS

- 1 Relinquish
- 5 The D in DJIA
- 8 Faction
- 12 Credit card name, for short
- 13 "... rose — rose"
- 14 Operatic solo
- 15 Richly sweet
- 17 Victory's opposite
- 18 Charged bit
- 19 Hypnotic state
- 21 Treaties
- 24 Strait-laced
- 25 Capri, e.g.
- 26 2010 Oscar-winning film
- 30 Greek cross
- 31 Working-class member
- 32 Expert
- 33 Plausible but untrue
- 35 Burn somewhat
- 36 On a pension (Abbr.)
- 37 Move laterally
- 38 Read
- 41 Encountered

- 42 Astringent
- 43 Kind and courteous
- 48 Arm or leg
- 49 One part of ENT ...
- 50 ... and another
- 51 Church service
- 52 Agt.
- 53 "Pygmalion" playwright

DOWN

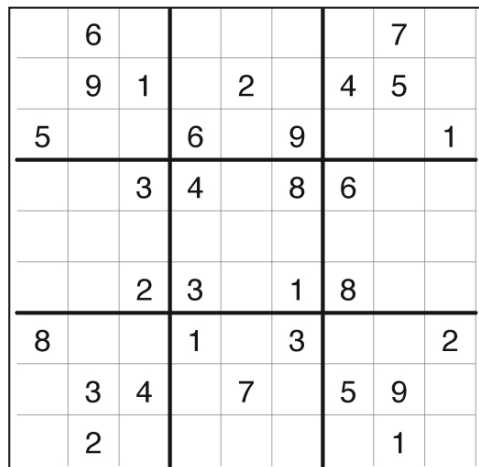
- 1 Ore, neighbor
- 2 Ostrich's kin
- 3 — Moines
- 4 Stir up
- 5 "My Heart Will Go On" singer
- 6 Buckeyes' sch.
- 7 Strangers to frugality
- 8 Deli sausage
- 9 Press
- 10 Platter
- 11 Relaxation
- 16 One of the Cyclades
- 20 Wedding shower?
- 21 Quarries

- 22 Promptly, on a memo
- 23 Professor Plum's game
- 24 Exultant
- 26 Mentors' charges
- 27 Newspaper page
- 28 Caspian Sea feeder
- 29 Aching
- 31 Slapstick arsenal
- 34 Hansel and Gretel's trail
- 35 Peaceful protests
- 37 Moment
- 38 Coconut provider
- 39 Director Kazan
- 40 Piratic potables
- 41 "There's Something About —"
- 44 Knock
- 45 La-la lead-in
- 46 Patriotic chant
- 47 Stitch

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

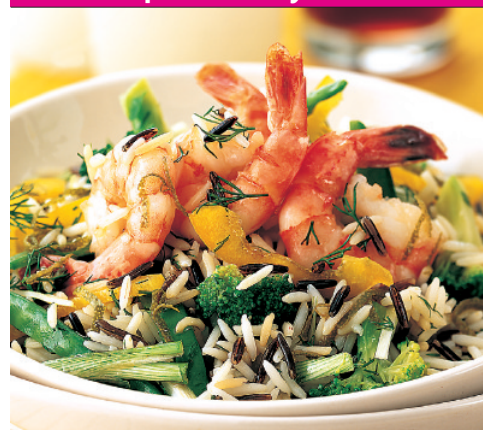


On the web

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Metro Recipe of the Day



Shrimp with Dill Dressing

INGREDIENTS:

- 1 cup mixed basmati and wild rice, rinsed
- Zest and juice of 1 lime
- 2 tbsp canola oil, divided
- 2 tsp sesame oil
- 1 tbsp soy sauce
- 250 g broccoli florets
- 250 g snow peas, halved
- 500 g large peeled and deveined shrimp
- 1 yellow pepper, seeded and sliced
- 3 scallions, sliced
- 4 tbsp chopped fresh dill
- Salt and pepper

METHOD:

1. Cook rice with lime zest according to package instructions. Drain and add to wide salad bowl. Discard zest.

2. Whisk 1 tbsp lime juice, 1 tbsp canola oil, sesame oil, soy sauce, salt and pepper in small bowl. Drizzle dressing over rice and stir to mix. Spread out

rice in bowl and leave to cool.

3. Steam broccoli over pot of boiling water 4 minutes. Add snow peas and steam 2 minutes. Drain vegetables and refresh under cold running water.

4. Heat remaining canola oil in skillet. Add shrimp; cook over high heat until cooked through, 1–2 minutes per side. Remove from heat and sprinkle with remaining lime juice.

5. Add pepper, scallions and dill to rice; stir gently. Pile shrimp on top and serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Don't be too generous with your time and your money. An easy come, easy go attitude may be fun today but it won't be tomorrow if you end up poor.



TAURUS
APRIL 21-MAY 21
You seem to be going through a period of upheaval at the moment but you know that in the long-term it's for the best. Keep things simple.



GEMINI
MAY 22-JUNE 21
You appear to be a bit confused. You appear to have lost your way. Maybe it's because you have tried to be too logical in your thinking in recent weeks.



LIBRA
SEPT 23-OCT 23
You will have to admit that some kind of dream is not going to come true. Perhaps you were aiming too high. It's time to move on.



SCORPIO
OCT 24-NOV 22
You have begun to see certain people in a new light, and so many of the things you argued about in recent weeks no longer seem to matter.



SAGITTARIUS
NOV 23-DEC 21
You need to be more adaptable today. You also need to realize that there are certain things that not even you can do on their own. Get assistance.



CANCER
JUNE 22-JULY 22
With the Sun and Jupiter working in your favor today you should find it easy to come to terms with difficult situations. Look for on the bigger picture.



CAPRICORN
DEC 22-JAN 20
You may be ultra competitive but ask yourself: does it really matter that much who wins? You are taking some things far too seriously. Enjoy life.



LEO
JULY 23-AUG 23
Someone you have depended on many times in the past may not be there for you today and most likely you'll panic. It's for the best, for both of you.



VIRGO
AUG 24-SEPT 22
Something will happen over the next 24 hours that helps you understand some of the apparently senseless things that have occurred in recent weeks.



AQUARIUS
JAN 21-FEB 18
Simplify your routine and cut back on non-essentials. You need to manage your affairs in a more organized way.



PISCES
FEB 19-MARCH 20
The truth is rarely straightforward. What people say and what people mean are often two different things.



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